

The
HYGIENIC SYSTEM

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By

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UNNATURAL food is the principal cause of human degeneration. It is the oldest vice. If we reflect upon the number of ruinous dietetic abuses, and their immemorial tyranny over the larger part of the human race, we are tempted to eschew all symbolic interpretations of the paradise legend and ascribe the fall of man literally and exclusively to the eating of forbidden food. From century to century this same cause has multiplied the sum of our earthly ills.

—FELIX L. OSWALD

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